A guide to living off natures bounty
in urban, rural and wilderness areas

FERAL FORAGER
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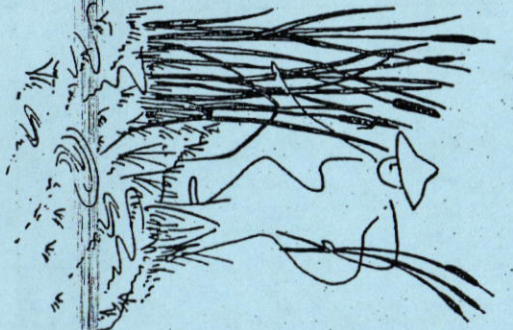
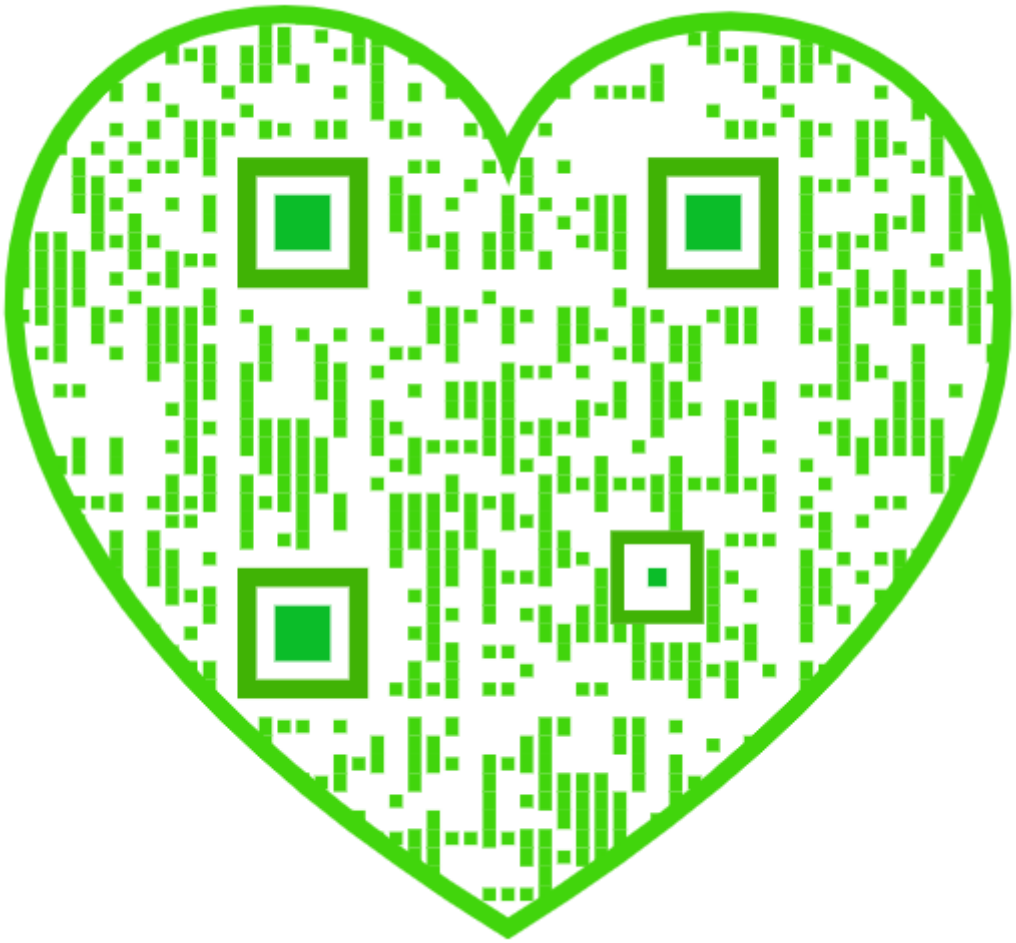
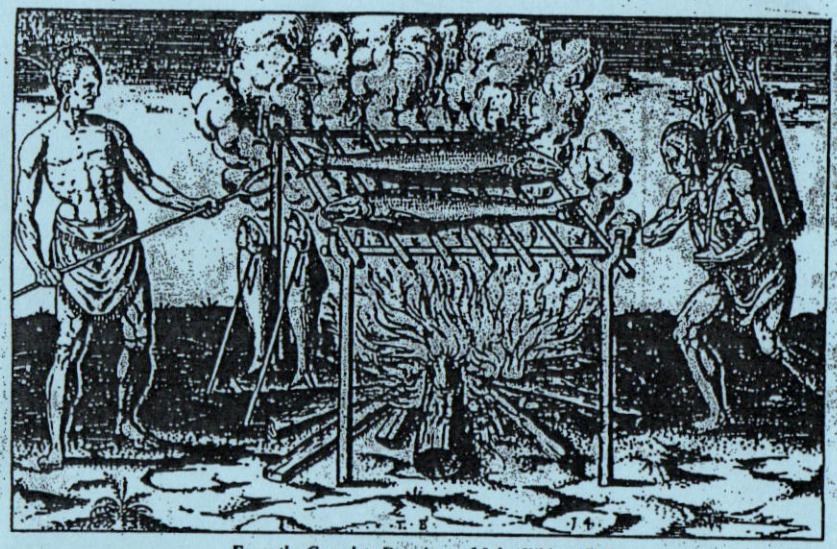






From the Complete Drawings of John White, 1585

Honoring Our Shared Heritage

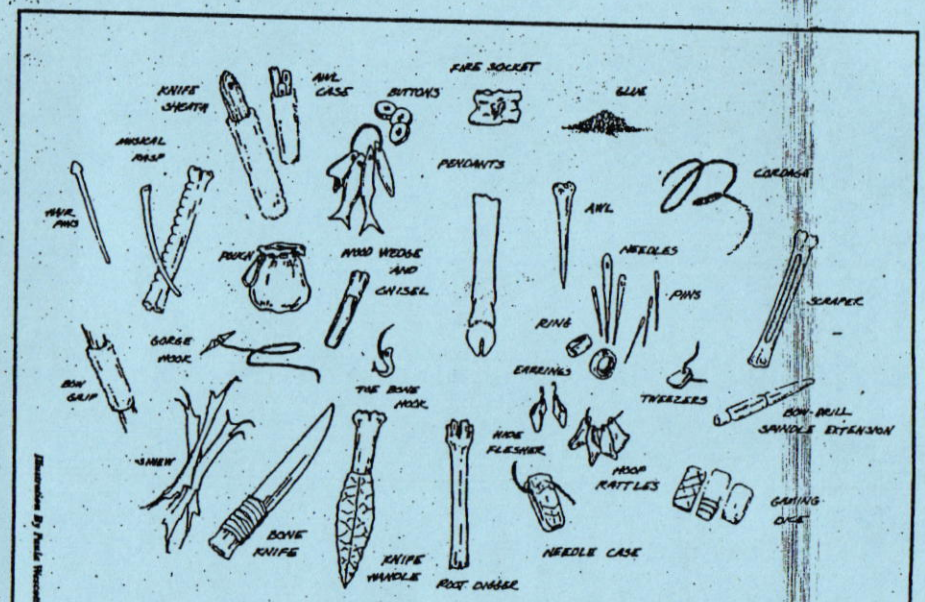
By Steve Watts

"I am a human being, nothing human can be alien to me." Terance (154BC)

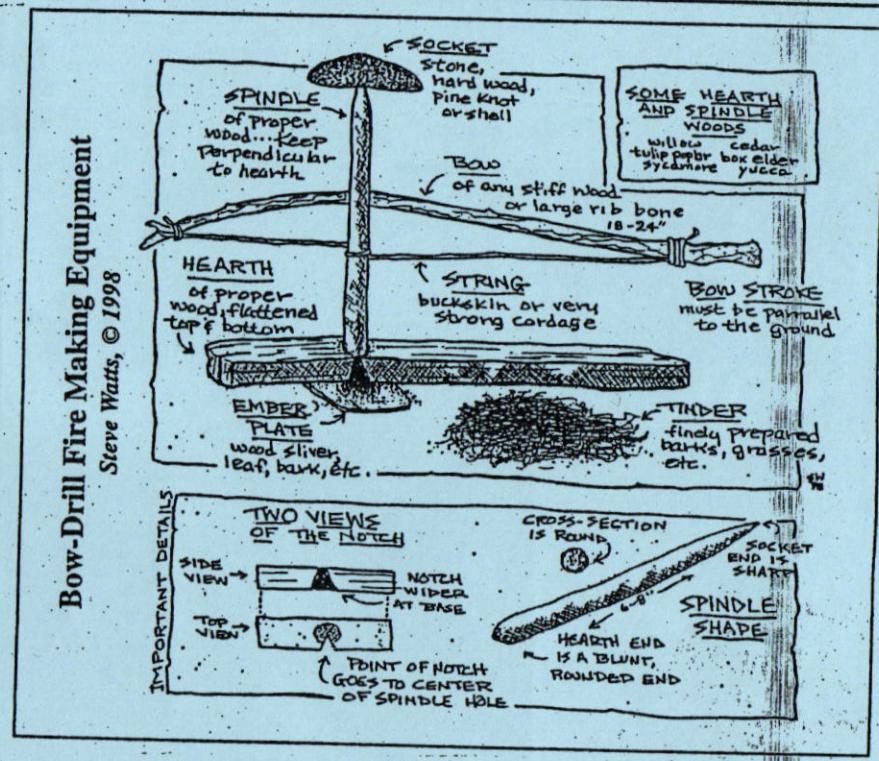
"Drawn near to the fires of aboriginal skills, we look to the indigenous peoples of the world for inspiration and insight. From the Aborigines of Australia's Western Desert. . .to their brothers in New Guinea and north and east throughout the Pacific to Southeast Asia and Old Polynesia. . .to the Ainu in the farthest reaches of Japan. . .to the Toda herdsmen of backcountry India. . .to the Berbers of the sand of North Africa and their black brethren to the south in the jungles and savannahs of the Mother Continent. . .to the Native Peoples of the Americas; in rain forests, woodlands, high deserts, and great plains. . .to the Inuits, Lapps, and Siberians of the frozen tundra. . .to all the custodians of unbroken lineages wherever they may be. . .Primitive Technology is their inheritance and we honor that here.

Yet no one is from nowhere. The blood of our ancestors flows in our own veins. Our aboriginal legacy is written in the very make-up of our bodies. The ancient caves and campfires of our pasts call to us from within. Primitive Technology is our inheritance as well. It is a world heritage which knows no race, creed, or color. It is foreign to no one. It is the shared thread which links us to our prehistory and binds us together as human beings. That we honor above all."

THERE IS NO WAY TO RETURN TO THE PAST. ALL ONE CAN DO IS REMEMBER WHERE ONE HAS BEEN, AND CARRY THAT KNOWLEDGE INTO THE FUTURE...



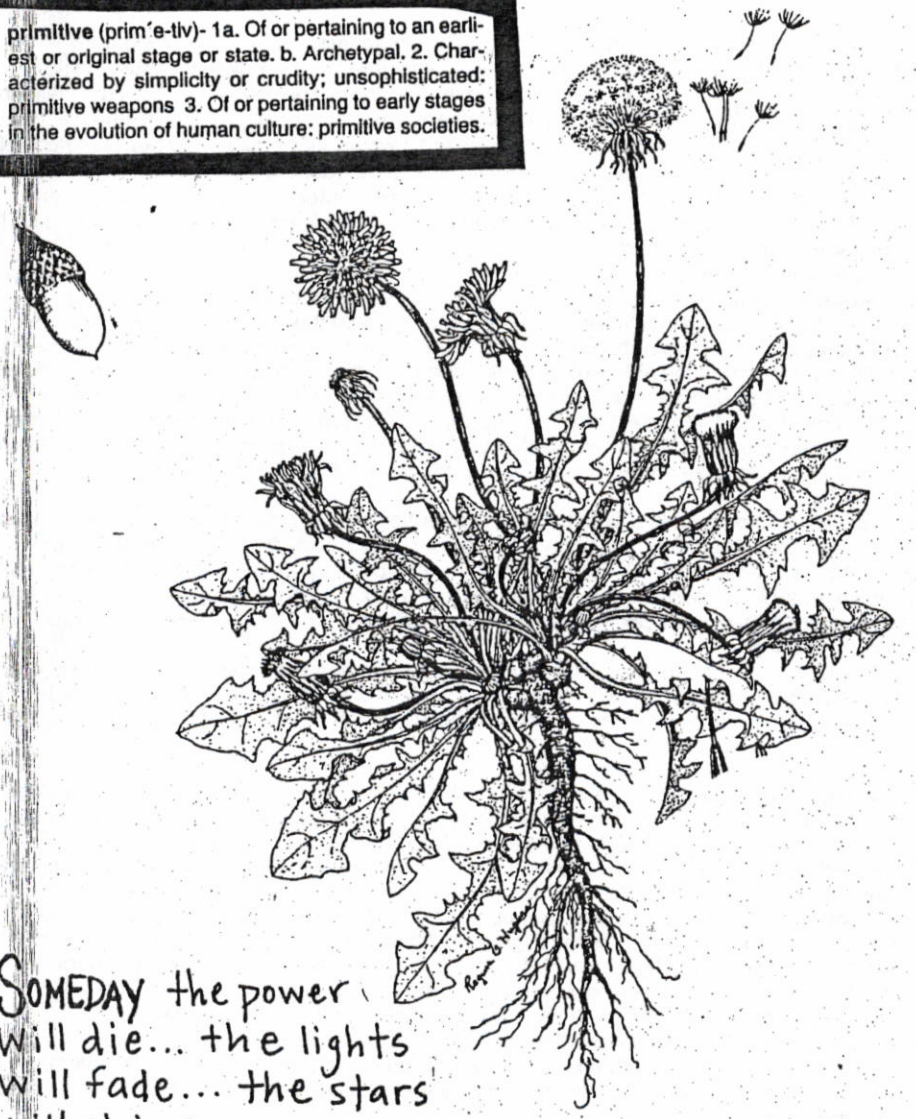
How Many Things Can Be Made From A Deer Leg ?


Bow-Drill Fire Making Equipment
Steve Watts, © 1998
SOCKET
Stone, hard wood, pine knot or shell
SPINDLE
of proper wood... keep perpendicular to hearth
SOME HEARTH AND SPINDLE WOODS
willow cedar tulip poplar box elder sycamore yucca
BOW
of any stiff wood or large rib bone 18-24"
HEARTH
of proper wood, flattened top & bottom
STRING
buckskin or very strong cordage
BOW STROKE
must be parrallel to the ground
EMBER PLATE
wood sliver leaf, bark, etc.
TINDER
finely prepared barks, grasses, etc.
IMPORTANT DETAILS
TWO VIEWS OF THE NOTCH
SIDE VIEW
TOP VIEW
NOTCH WIDER AT BASE
POINT OF NOTCH GOES TO CENTER OF SPINDLE HOLE
CROSS-SECTION IS ROUND
SOCKET END IS SHARP
SPINDLE SHAPE
HEARTH END IS A BLUNT, ROUNDED END

NEXT ISSUE: Primitive Shelters, Spring greens, cooking methods...

Send us your contributions!

primitive (prim´e-tiv)- 1a. Of or pertaining to an earliest or original stage or state. b. Archetypal. 2. Characterized by simplicity or crudity; unsophisticated: primitive weapons 3. Of or pertaining to early stages in the evolution of human culture: primitive societies.



SOMEDAY the power will die... the lights will fade... the stars will shine...

WE ALREADY LIVE IN RUINS...

sophisticate (se-fis'-ti-kat) - 1. to cause to become less natural or simple; especially to make less naive; make worldly wise. 2. to corrupt or pervert; adulterate; no longer pure. 3. to make more complex or inclusive. GREEK- sophistikos-from. -ed- having acquired worldly knowledge or refinement; lacking natural simplicity or naivite. -sohistry- a plausable but misleading or fallacious argument; faulty reasoning.

The Feral Forager

A guide to living off nature's bounty in urban, rural and wilderness areas

THE WILD FEAST

Wild foods were the basis of the humyn diet for nearly a million years, depending on how yo define "human". Today only a small percentage of the world's population survives entirely off c wild foods, with a larger percentage combining them with domestic crops. Studies by anthropologists on primitive diets have confirmed what may seem instinctually true to many of us: that the leanness and purity of wild meat sources, and the superior nutrient content of wild plants helped the humyn species maintain excellent health and longevity for 99% of humyn evolution. It is only in the last 10,000 years that domesticated animals and plants have (for reasons unknown) entered the picture of humyn cultures. In our minds, this is not an absolute statement against domesticated plants and animals, but it IS a clue as to the secrets of humyn health in prehistory. For example, primitive diets that have been studied in contemporary times have proved higher in calcium than our modern diets, without the use of any dairy products whatsoever. The abundance of leafy greens in primitive diets supply more than enough calciur and countless other minerals and vitamins, and because of the lack of refining processes and "anti-nutrients" like sugar, caffeine, and carbonation, those vitamins are actually absorbed into the body, unlike in the modern western diet. Similarly, native cultures of the far north, where animal proteins make up the majority of the diet, have shown no incidence of the clogged arteries and heart diseases so commonly associated with animal fats in the modern world.

Much has been theorized about the social problems that have arisen due to the abundanc of food stores used by early agrarian cultures. The excess fat stored by early agrarian females eating grain-based diets in sedentary communities is seen as a primary cause of overpopulatio due to hyper-fertility. The active lifestyle of hunter-gatherers is commonly seen as the key to physical fitness. Still, cultivated foods can have a healthful place in humyn diets, and hopefully learning from the mistakes of past humyn societies will help us find our way into an egalitarian future.

SCAVENGER/FORAGER

This pamphlet was not created with the intention of encouraging hunting, or giving up food cultivation altogether. Rather than returning to a purely "hunter-gatherer" lifestyle, we advocat a form of subsistence that combines urban and rural horticulture/permaculture, with what we call a "scavenger-forager" lifestyle. Although some die-hards may want to leave civilization behind, set out for the wilderness and practice primitive hunting and gathering techniques (which we have much interest in practicing in the case of survival), we are more interested in bringing wild food gathering and roadkill scavenging into our present day lifestyle. Our future vision is one of a horticultural, village-scale, community located near a wild area for foraging, but as we are still landless, our current dietary habits combine backyard-scale gardening, dumpster-diving, and bulk organic staples, along with foraged plant foods and scavenged roadkill.

ANARCHO-PRIMITIVISM?

The term anarcho-primitivist describes some powerful ideas that we identify with strongly. It also carries some serious ideological baggage that we reject and find simplistic. We distance ourselves from the label mostly because of this baggage, but we fail to see the point in calling oneself a "primitivist" at all if you don't live primitively or are at least making steps towards learning primitive living. Therefore, we are simply anarchists with an interest in exploring primitive skills while practicing ecological cooperative living. In order to set our ideas apart from those anarchists who feel ecological living will follow naturally after the abolition of the state and capitalism, we call ourselves "green anarchists". We deeply believe that reconnecting with wildness and ecological lifeways (on many levels) is essential to the abolition of those oppressive social institutions and civilization itself.

SCAVENGING ROADKILL

Roadkill holds an intriguing place in the collective consciousness of the modern world. An unavoidable result of car culture, roadkill is so common that most people don't notice it anymore as they zoom past it distracted by cell phones, radios and clogged highways. We have found that it's easy to become desensitized and ignore the violent and gruesome slaughter of millions of wild animals every year as they try to cross the steadily increasing number of roads en route to water sources, and on their migratory paths. After beginning to actually eat roadkill, we realize how much is really out there that our eyes usually gloss over. It is this profound detachment from the brutal reality of roadkill (or is it subconscious denial?) that sparked our desire to eat our first roadside casualty.

There are other reasons to eat roadkill besides this somewhat esoteric justification:

1. It's **FREE**
2. Wild meat is satisfying, and for many of us vegans who don't get enough protein (yes, I know the average American gets TOO much...) it's a healthful protein fix, minus the chemicals and drugs in commercial meat. Blood type and ancestry can require more or less protein for optimal health. Also, significant research is now showing that Vitamin B12 can only be found in animal organs, contrary to the previous consensus of vegan nutrition experts. (see www.westonprice.org)
3. Energy flows through all living beings, connecting us intimately. The food we eat is absorbed into our blood and feeds our cells. Eating a wild animal can nourish our cells in ways our bodies haven't known in millenia.

Eating roadkill challenges our society's taboos concerning what is fit and unfit to eat. In the same spirit as dumpster-diving, we salvage the waste products of our decadent culture, while the wealthy turn their noses up at us and purchase chemical-laden slaughterhouse products. Conventional meat products carry with them the suffering of the factory farm, exuding stress and misery in every tissue and cell. This misery transfers itself to the plate of the consumer, infecting billions worldwide with the same neurotic trauma of domestication. At least an animal killed on the highway lived wild and free until the point of impact.

IS ROADKILL VEGAN?

As for vegan ethics and roadkill, we think its all about the motivations behind your veganism. After many years of active veganism, we feel that while it can indeed be the healthiest choice for some, for others this may not be the case, and infact, veganism is generally not practiced by primitive people, historically or currently. Most primitive cultures ate far more wild plant matter than animal, but even in the tropics, where edible plants are abundant and the warm climates are compatible with a mostly vegetarian diet (2/3 of the diet is vegetable matter according to studies in the 60s), people regularly ate insects and bird eggs. What we both believe strongly is that primitive cultures thrived without dairy products, so in that respect, we are enthusiastically vegan. In fact, we're coining a new term: "Roadkill Vegan". We don't eat (or encourage eating) dumpstered or otherwise "free" farmed meat. For us, it's vegan plus roadkill only. We are also thinking a lot about gaining primitive hunting and trapping skills to use in true wilderness survival situations. Wouldn't you rather backpack in the wilds with a primitive bow and arrow or just trap-building skills, than haul along dehydrated chili or pre-packaged tofu?

Defining veganism as a practice rather than an ideology makes the most sense to us. At this place and time, it is indeed the more ecological choice when choosing between that and domestic meat-eating, even organic and free-range. But can we say the same for the indigenous of Siberia or the Arctic? In any case, where roadkill is concerned, there is really no ecological argument against it (well, except for maybe that is steals food from vultures and crows!) But we leave the really mangled stuff for them anyway...

and sources narrowed. In all parts of the northern hemisphere, humyn survival is greatly dependent on fire. We probably would never have left Africa if we did not posses the knowledge of fire. Maybe we never should have. The implications of this concept are intriguing.

In some temperate regions such as the Southeastern US, it is possible to survive the winters with only well insulated shelters and heavy clothing, but it would still be extremely hard seeing that most of the wild foods available during winter need to be cooked, although the evidence is great that many people ate meat raw and/or aged/fermented. In more extreme northern climates – where the winters are less friendly to our tropical-origined, hairless primate bodies, fire is a definite necessity for warmth.

Throughout humyn pre-history, people and fire have lived harmoniously and symbiotically. Wherever we went we brought fire. For hundreds of thousands of years we harnessed and nurtured its powers and in return it fed and warmed us. With the imposition/development of civilization and its abusive nature, man has begun to use it to dominate others and for sheer self-gratitude. Throughout the history of civilization man has abused fire. Pagans, indigenous people, witches, satanists, women and queers were burned at the stake, whole forests and villages were slashed and burned, factories were built, metals were forged, weapons were created, wars were waged, the atom bomb was used, etc...Industrial civilization rapes the earth and damns rivers to manipulate fire and sell it back to us in the form of nuclear and hydro-powered electricity.

For every action there is a reaction. So as civilization abuses and mistreats fire, fire will abuse civilization. Throughout modern history, cities have burned, factories have burned - Rome burned. The civilized order will come to know the true purifying power of fire soon enough. Like wildfires whipping through forests clearing out all the dead wood, making room for new growth to emerge, Civilization will perish in a firestorm, clearing the way for life to sprout and grow wild and unmolested.

When speaking of living wild, it is important for us to realize the need to remove the obstacles which prevent us from living free. Fire can be an ally to us in this process. We can direct its cleansing powers on behalf of total liberation. Sometimes it only takes one spark to spread like wildfire...

Obtaining fire in the wild without the use of industrialized tools such as matches is a major stepping stone in learning to live wild. Fortunately, there are many methods of building friction fires. These methods may seem overwhelmingly difficult, but with practice and patience they can be learned and performed with ease. We unfortunately only have limited experience with one method – the bow-drill. We only learned this skill recently so we are still getting a feel for it. After setting out to do it, it didn't take long. If you have difficulties learning these skills (most likely it's from a lack of motivation), don't get discouraged. Not all Hunter-Gatherers know how to make a friction fire. For example, the Pygmies in Africa carry a burning ember encased in a bundle of sticks and dried grasses with them everywhere they go. There is no consensus on whether they ever even knew how to start a friction fire. But then of course they do live in a tropical climate, where if they ever lose their fire their survival is not dependent on it.

Here in the northern hemisphere though, you'd be better off getting off your slack ass, putting down your anthropology textbooks (or the latest issue of GA), smashing your playstation, and practicing a few of these relatively easy skills. Think of it as a lifetime process and it won't seem so overwhelming.

good web sites for firestarting how-to:
http://www.primitivefire.com/
http://www.geocities.com/survivorgene/hearth.html

HARVEST

A FIRESTORM TO PURIFY...

It's impossible to talk about gathering food and living from the wild without mentioning fire. Fire plays a huge role in everyone's life - both primitively and even in the modern hyper-sterile prison of industrial civilization. In the latter, it is more easily taken for granted, whereas in our primal state, fire is appreciated within a more intimate relationship. We have always used it to cook our food, to keep warm, to create various tools, and most importantly, at the end of the day we can gather around the fire to share stories and to dance and sing. In civilized society, the warm glow of a healthy community is replaced by the mind-fucking, brainwashing rays of the television and computer.

Fire is an awesome force in nature, and besides the ways we have benefited from it, it also plays an important ecological role. Forest and prairie fires have provided a cleansing element without which natural succession in an ecosystem is not possible. Suppression of wildfire in modern society has led to a decline in diversity of species and a stunting of ecosystem health, not to mention a buildup of potentially flammable material that fuels the catastrophic fires that we see today. And when it comes down to it, life on this planet could not even exist without a big ball of fire (the sun) nurturing and feeding it.

Although the humyn body is capable of digesting and processing a completely raw diet, all examples of hunter-gatherers still living today use fire to cook at least some of their food, especially in northern climates. Some anthropologists suggest that cooking our food made it easier to digest (by breaking down fibers and cell walls), reducing the amount of time and energy spent chewing, thus leading to a reduction in our jaw size. (Some also credit (?) civilization itself with the advent of cooked food, as it supposedly allowed humyns to spend less time on chewing and more time building things and thinking). Cooking made new food sources available which were formerly inedible, which was biologically necessary as climate changed

HOW IT ALL BEGAN...

Our first feral feast of roadkill was on spring equinox of 2002. That past winter we had experimented with skinning and tanning, using a possum and a raccoon we had found on the roadside. Years earlier I had been at an earth first! rendezvous where some folks hit a deer on the way there. They drove into the gathering with it strapped to the roof of their car, and after some controversy, were relegated to a distant hilltop to roast it on a spit. I ate some then, and remember thinking little of its ethics. Still, I would never have thought of actually stopping a car to pick up roadkill to eat. Thankfully I never killed any animals that I knew of while driving.

So on spring equinox we were driving in the suburbs of a large southeastern city and spotted a fox dead on the roadside. Our first thought was what a great fur it would make. We scraped it up (it wasn't very mangled at all) and took it to our friends' house downtown, and Ursus skinned it in the backyard while our friends assisted. When it was all done and hanging gutless and skinless from a tree, it was like some collective epiphany: why not eat it? There was a great firepit there and several willing "freegans", along with a few pretty hardcore vegans (including Ursus) who raised no protest. After a couple hours on a spit (a stick shoved through its anus and out its mouth), the grey fox was edible. I guess it was something about the start of a new season - it was almost ritualistic, without trying to make it so. Some stood by and watched while 4 or 5 of us feasted on the fox. Ursus, a hardcore vegan, was perhaps the most voracious. There was something primal about his eating- like a wild man caged for years eating only bagels and bananas. Ursus tanned the skin and later wore it around his neck like a scarf.

Three months later in midsummer, we found a raccoon. Ursus skinned it and tanned the hide, and roasted it on a fire, then made a delicious stew. He also rendered the fat into oil to use for frying. Raccoon is pretty oily.

Three months later, on fall equinox, we scooped up another grey fox and roasted it over a fire. A week after that, we found a rabbit on the roadside in another large southeastern city and ate rabbit stew with veggies foraged from the urban wilds. Just a few days later, we found a dead pigeon on the side of a city street in a small town. When Ursus called my attention to it, and I saw the look in his eyes, I protested: "Oh no you don't" – it just seemed like too much, and pointless being so small. He grabbed it anyway, wrapping it in newspaper, beneath the horrified eyes of more than a few passerby. I found this rather embarassing, but Ursus later reminded me of the basic truth of the situation: "Fuck 'em". A few steps later we found another dead pigeon that was in even better condition than the first one. We took them home and made "pigeon-noodle soup", and by the way pigeons do have a lot of meat on them....and they're really tasty too.

POTENTIAL RISKS OF EATING ROADKILL

One of the most severe risks of roadkill is **RABIES**. In order to assure your safety from this deadly serious brain inflammation, USE RUBBER GLOVES when gutting and skinning any warm-blooded animal (warm blooded as in mammals and birds, not in regard to blood temperature). If you don't feel the need to exercise this absolute caution, at least make sure you don't have any open wounds on your hands or skin that touches the animal. The virus affects the brain of the animal, so be really careful when brain-tanning. Although freezing doesn't kill rabies, it WILL cook out of a carcass, and actually, it eventually dies when an animal dies. Generally speaking, boiling the animal first (rather than just grilling it) is a good idea, especially if it's a notorious rabies carrier. Fortunately it is extremely rare and practically unheard of, though not impossible for animals such as deer, bears, moose, caribou, and others to carry rabies. Most cases of rabies infection in the US are from bites from rabid dogs. Generally the most common wild carriers of the disease in the US are raccoons, possums, skunks, foxes, bats, and feral dogs. In different regions though it is common for a certain type of animal to be the main carriers while it can be an unlikely carrier in another region.

One good way to avoid it is to only pick up herbivores, which still leaves you with a wide variety of roadkill options. This means rabbits, squirrels, beavers, woodchucks, birds, and yes of course the highly sought after prized roadkill Deer are all safe. Plus cold blooded animals are in no danger of carrying Rabies which means snakes , turtles, Alligators, and all other Reptiles, Amphibians, and any fish that might happen to flop across the road are also safe. There are vaccinations for the virus for both pre exposure and post exposure witch are 100% effective. When rabies is transmitted and left untreated it is 99% fatal, plus once symptoms arrive it is already too late. So it might be worth it to go ahead get your shots before civilization collapses.

Other Diseases to be aware of: TULAREMIA or "Rabbit fever" is transmitted by directly handling infected animals, insect bites and by inhaling the spores. It begins with an abrupt fever, cough, vomiting, has relapses after several days, and can effect many parts of the body. A common safe way to avoid rabbit fever is to only eat rabbit between the first and last frost or never eat them in a month that doesn't have a "R" in it. Also, as with all meat be aware of Salmonella and Trichinosis.

HOW TO DO IT

When you find the roadkill you should try to determine if it is edible or not. If you saw the animal get hit then it's obviously fit to eat (although you may have to put it out of its misery). If the victim is flattened into a pancake in the middle of the highway then it's probably best to leave it. Most roadkill we pick up is usually on smaller 2-lane roads and not on heavily traveled interstates. Most of the time (not always), good ones will be sitting off the road or in a median where it isn't constantly being pulverized. Sometimes it can be hard to determine how fresh an animal is. A lot of factors can contribute to how fast the meat spoils- especially temperature. Obviously, roadkill will stay fresher longer in colder weather and spoil faster in warmer weather. Once we found a raccoon around 9am that we knew had been hit that night or earlier in the morning because we had passed that way the evening before and it wasn't there. This was in midsummer, but because it didn't sit out in the heat it wasn't spoiled yet. It's best to go case by case and follow your instincts. Here are some things to help you decide:

1) If it smells like rotting flesh it's spoiled, although it is common for dead animals' bowels to release excrement or gas upon impact or when you move the carcass.
2) If its eyes are clouded over white it's probably no good to eat.
3) If it is covered in flies or maggots or other insects it's probably no good.
4) If there are fleas on the animal there's a good chance it's still edible.
5) If its completely mangled, it's probably not worth the effort
6) Rigor mortis (when the animal stiffens) – Some people say it's no good when rigor mortis sets in, but most of the animals we've eaten have been stiff. Larger animals like deer may take longer to get stiff and so it may be true in that case, but we don't see how. At Teaching Drum outdoor school in Wisconsin, they say they take deer even when they're bloated.

None of these examples are definite signs of inedibility, which is why we say to exercise caution and go case by case. We once found a really weird large insect larvae imbedded in a rabbit's skin. The sight of the squirming black larvae made our skin crawl, but we ate the rabbit anyway. Be sure to cook the roadkill well to kill any bacteria or parasites. The animal doesn't have to be as fresh if you're just using the skin.

SKINNING & TANNING MAMMALS

Tools- All tools for skinning and tanning can be made primitively or just use what you have available. You will need:

1) A blade- made from a shattered bone, a flint knapped stone, a sharp seashell, or a modern steel knife or box cutter will work.
2) Cordage or nails- To stretch the skin
3) A scraper- To scrape the hide when dry. This can be made from many things: bone, shells, deer scapula, wood, stone or metal

SKINNING

1) Lay the animal on its back on an incline, or hang it from a tree by its neck. Make an incision in a straight line from the tail to the neck or chin, taking care to not cut through the inner muscle tissue.
2) Cut off the feet or make an incision around the ankles
3) Make an incision up each leg from incision #1 to incision #2
4) Peel away skin and cut as much fat and flesh as possible away from the hide, leaving it on the body, starting on one side of the incision, cutting to the backbone, then the other. Be careful not to puncture the hide. On some animals such as rabbits the skin can be pulled off with hardly any use of the knife. The head and tail can be left on the body or cut off with the rest of the hide.

FEEDBACK...

We solicited a few contributions and this is what we've gotten so far. We invite any feedback or input on this zine, and for future issues. We'd love to keep networking among those of us interested in wild foods, and hope to keep meeting more scavenger/foragers out there...

Some thoughts from a fellow feral forager...

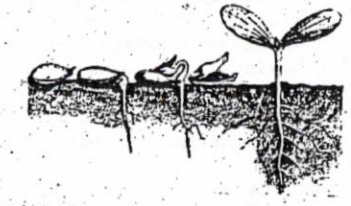
"travelling is always so mind blowing for me. Every place is so filled with newness and life. every area has its own unique flavor and rhythm with the cycle of seasons. the time of roots in dormancy, through shoots, flowers and fruits and finally into seed to once again fall to the earth. the animals ebb and flow with the plants through the landscape, following the patterns of abundance. whenever I see an area where large amounts of plant foods are ignored, I know the area is in transition and consider how to accelerate the succession, and bring the food back into the resource loop.

often a harvest has a corresponding animal counterpart that thrives on that food. elephants once roamed north america, and the large groves of mesquite, osage orange, and many other plants now lie forgotten since they were eliminated by early hunters. often whole tribes of native americans were tied in with the plant cycles, migrating with the harvests as the plains indians follow the buffalo. they gathered wild rice, acorns, seaweed, wild turnips, and pine nuts to list a few, often storing a year's supply. each harvest was marked with its own songs, rituals and ceremonies. Let's bring them back.

most of us are not slowed down enough to subsist on the wilds as our sole source of sustenance, but we are beginning to notice the abundance that surrounds us. whether it be deserted orchards, overlooked exotic species or weeds that follow human settlement, or native staples that were not adopted by the settlers, there is literally tons of food just lying on the ground. we can create our own migration cycles based upon this surplus...like planning your california trip in june so that you can harvest seaweed...or loading a pickup with coconuts while on a beach trip. some neighborhoods will even pay you to take them (we wouldn't want them falling on anybody!)..even setting up networks of trade by harvesting what's in abundance somewhere and then taking it to where it is rare. as travelers, part of our work is to pollinate, spread seeds and ideas, and clear pathways of communication. but there's tons of wild foods everywhere and we don't have to travel to far off places, just acknowledge what's here and pick it up! when I'm eating acorns i feel like I'm awakening some genetic memories, restoring and deepening an ancient relationship that we have with the oak. native americans in this country ate about 500 pounds of acorns a year, i think I've had about 5.

here is a list of plant harvests that occur in abundance – it's by no means complete, just a starting point:

seaweed – june, California coast
pinenuts – *september, sierra mountains*
pecans - *late fall, southeast*
mushrooms – *winter, northwest*
coconuts - *all year, south florida*
acorns – *fall, widespread*
wild rice - *late summer, great lakes*



i'm way into learning more on the subject: aliveandwild@care2.com

(send us additions to the list of seasonal wild foods harvests you know about for future issues.)

WRITE US! wildrootsnc@ziplip.com

~ BOOKSTORE ~

**These are the two field guides that we carry:

Audubon's Field Guide to Mushrooms
Petersen's Guide to Edible Wild Plants

They retail at $19, but we'll sell em to you for $15 which includes postage, along with some pamphlets about wild mushroom harvesting, and a complete literature distro list. Send well concealed cash or a blank money order (postal):

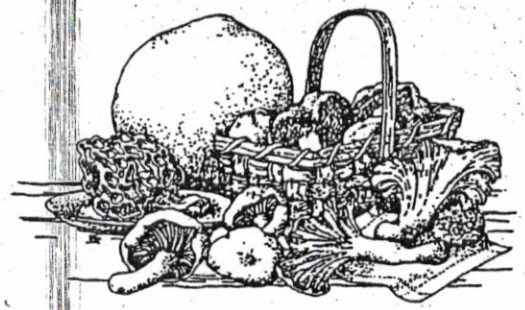
FERAL FORAGER P.O.B. 1485
Asheville, NC 28802

wildrootsnc@ziplip.com

1) LING CHI

Ganoderma Lucidum **(Medicinal)**

ing Chi is also known as Reishi, and getting quite popular as a "Mycomedicine". It's considered the mushroom of immortality" in Chinese medicine, and is valued for overall vitality and even piritual enlightenment. Another Ganoderma *(appalatum)*, Artist Conk, has similar medicinal qualities, and is distinguishable by the chalky white underside of the shelf that you can scratch lesigns into – thus, the name. Break it into chunks and simmer it 30 minutes (maybe a half cup of fungus to 5 cups of water?) or until the water is dark. It's bitter tasting, so mix it with something avorful like mint or hemlock needles, or just water it down. You can tincture it too, but break it nto very small pieces or pulverize it. The firm shelf hardens as it dries, so break it up first. Store it in very dry container.



MUSHROOM IDENTIFICATION BOOKS – essential for any mushroom hunter. Get several of them and do a lot of cross-referenceing. The first three have lots of information about collecting methods and processes for deducing the species, with antecdotes and lore to give you a full picture of mushroom hunters' culture.

Mushrooms Demystified – David Aurora
Edible Wild Mushrooms of North America: A Field-to-kitchen Guide – Fischer/Bessette
All the Rain Promises..And More – David Aurora
Audubon's Field Guide to Mushrooms
Peterson's Field Guide to Mushrooms

A Different Kind of Hunt: The Ritual of the Mushroom Foray

Oyster mushroom

—Enter the woods quietly. Watch your step to avoid twigs that might snap and dry leaves that might crackle. You must be silent—not to avoid alarming the quarry, but to avoid distracting yourself from the ritual. Keep your nose to the wind, bearing in mind that some quarry is more easily detected by scent than by sight.

—Meticulously scan the forest floor, keeping in mind that some of the choicest quarry is also the best camouflaged. Forsake no possible terrestrial hiding places; but scour the piles of last autumn's fallen leaves, and examine the carpets of green moss. Inspect the upturned roots of windfallen trees, and observe the rotting logs, for some wonderful delight may be hiding anywhere.

—Walk not erect, nor in a straight line, but, rather, stay low and wander aimlessly and in circles. Remember perspective is everything, and what cannot be seen from here must be seen from there. Steal glances above, too, into the trees and at their trunks; for often the object of your quest will be hiding there, counting on your eyes to be too earthbound to spot it in its arboreal sanctuary.

—Look, look again, look even once more, and, finally, look again, never counting how many times, for it is the rule of the mushroom hunt that they who have not found any mushrooms have not looked closely enough, nor long enough, nor at enough places, nor from enough different angles.

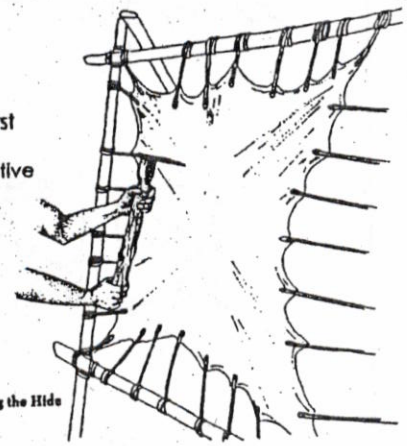
CLEANING

1) Cut a circle around the anus.
2) Cut through muscle tissue from the top of the anus up to the bottom of the ribcage.
3) Pull out all of the innards with your hands (you may want to wear gloves) Save the heart and liver for cooking if you want. (if yer really hardcore you can save and clean the intestines for stuffing and cooking too, although we wouldn't recommend this for roadkill).
4) Cut off head (save the brain for tanning the hide), feet, and tail. This isn't necessary, especially if you are planning to cook it on a spit.
5) Wash the carcass inside and out of dirt ,hair, blood ,etc.

At this point you probably want to go ahead and cook the meat and go on to stake the hide later.

STAKING AND STRETCHING THE HIDE

The easiest method of staking for us crippled civilized folk is the nail the hide to a board or piece of plywood, with the fur side against the board. Nail the hide corner to corner first and then continue nailing all the way around, stretching in all directions as you go along. You can do it the more primitive way by making a frame out of 4 sticks with 2 of them stuck vertically into the ground (or 2 sticks attached horizontally to 2 saplings), punching holes all the way around the hide, and tying string or cordage from the holes to the frame. Yet another method would be to lie the hide flat and tack it to the ground with sharpened sticks.



Scraping the Hide

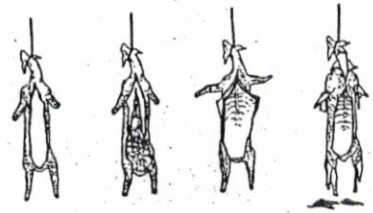
SCRAPING

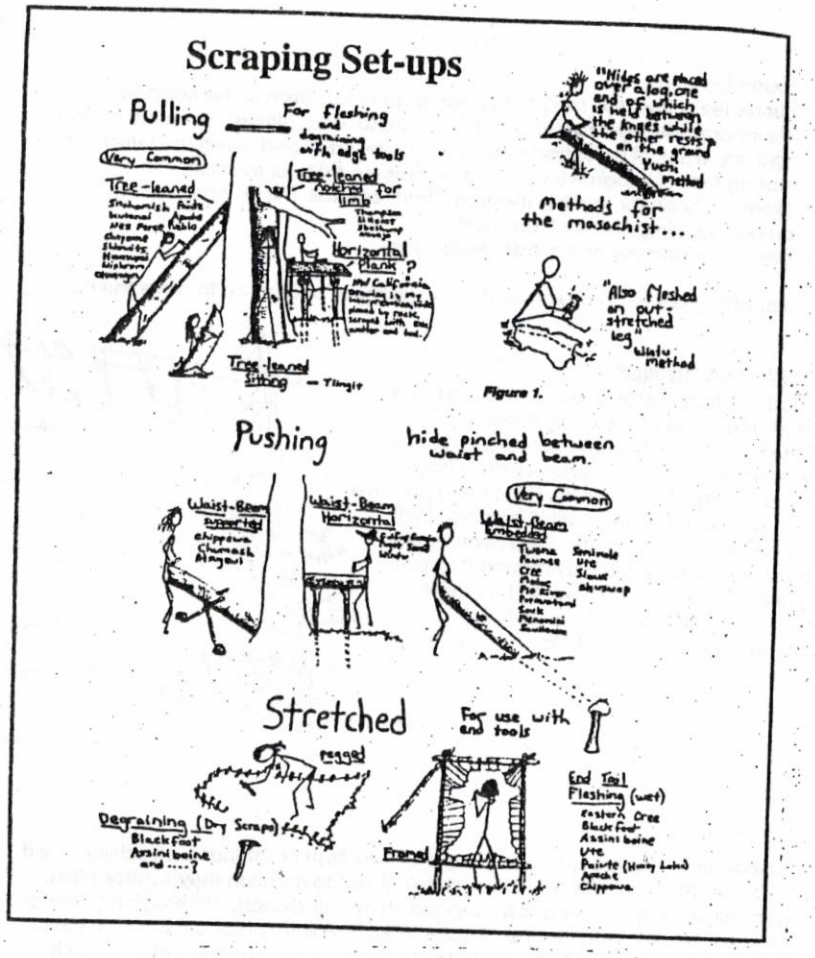
Clean off any blood that is on the hide and scrape off any flesh or fat that is attached. If left on the hide these things will "burn" into the skin and stain it, not to mention they'll attract flies. Now let the hide dry completely (about a day, depending on conditions). When it is dry, scrape the flesh side to remove the outer membrane. Scrape WITH the direction of the fur (from head to tail) if you are going to be keeping the fur on the hide. You will be scraping until the skin is soft- maybe about 45 minutes. Now you have rawhide.

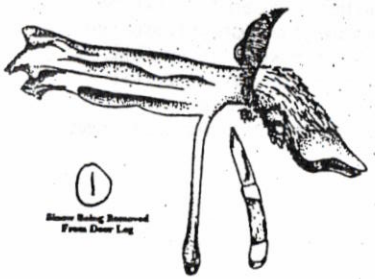
Now you will have to decide whether you want to brain tan the hide or keep it as rawhide. Both can be done with or without the fur and both have many advantages. Tanned hides are softer and more water proof making them better for making clothing, blankets, teepees etc. Rawhide is a great thatching material. After being soaked in water wet rawhide strips can be used to tie things (such as fletching feathers and arrow heads onto arrow shafts) and dried in the sun where it will shrink and bond extra tight. Rawhide can also be shaped into water containers and baskets.

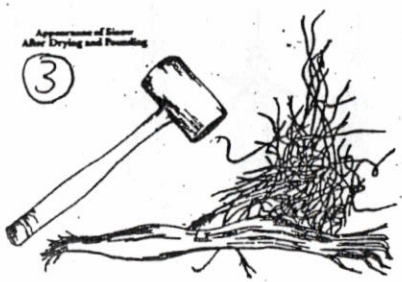
The [Pima] Indians are especially fond of squirrels or any game. The old folks say that the reason the tribe is dying is because they are compelled to eat beef and flour instead of fish, game, acorns, buckeyes, wild bulbs and tubers, shell fish and seaweed, salt from the ocean and sugar from the pine tree.

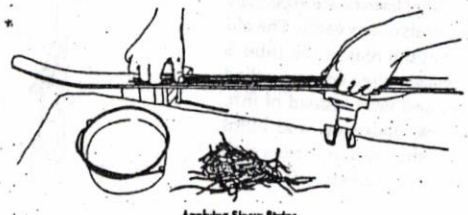
Grace Hudson











to the back of a bow for auto reflex...

1) CHICKEN OF THE WOODS (aka "sulphur shelf" or "chicken mushroom")
Laetiporus sulphureus

This one earned its name because it really does taste like chicken. We think its more the texture than anything that's chicken-like. Many people are familiar with this one, but are unsure when they come across it. The most distinctive thing about it is its color: bright orange or yellow. It grows like a shelf rather than from a stem, and has NO GILLS. It has pores, thus belonging to a group called the polypores. The pores (underside) are usually yellow. The edges are kind of jagged, and it is found in a clump of overlapping clamshell-shaped caps. *Remember:* **NO STEM, NO GILLS.**

Cook it by slicing it up and sauteeing it with garlic and oil, adding some water after a few minutes, covering it, and simmering it for 20-30 minutes, depending on how old (and tough) it is. We have heard you really should cook it at least 30 minutes to make it digestible. The thinner you slice it the faster it cooks, but you still might want to cook it 30 minutes.

RECIPE: CHICKEN-OF-THE-WOODS SALAD – serves 4

Chicken of the Woods (4 bread slice-sized shelves)
Veganaise
Assorted veggies
Umeboshi Plum vinegar (or any other vinegar)
Half a Lemon of juice

– Slice the Chicken and steam OR simmer them, (in 1 inch of water, in a covered pan) for 30 minutes or more if especially tough.
– Remove and let cool
– Dice the veggies (carrots, celery, onion, squash)
– Lightly steam the veggies, one by one in order of thickness
– Chop the chicken in small chunks (or use a food processor) & mix the veggies with it.
– Mince some fresh garlic into the salad.
– Spoon 3 large dollops of Veganaise into it and blend well.
– Add lemon juice, 1-2 tsp of vinegar and a couple pinches of salt to taste
– Spread it on sandwiches or eat with chips, or rolled up in a tortilla or grape leaves or boiled Rock Tripe (see entry).

2) OYSTER MUSHROOMS
Pleurotus ostreatus

Oysters are delicate and mild tasting. They seem to be really popular in grocery stores as a sort of "gourmet" mushroom, yet they are not hard to come across in the wild, and they're a commonly cultivated species. You have to be really careful with these because they can be mistaken for other gilled mushrooms that can make you sick. I get a subconscious hesitation with them caused by my kneejerk reaction to any white mushrooms (two of the deadliest mushrooms we encounter in this continent are white), but they are so irresistible that I have put my faith in them several times and never been disappointed. Fry these up in oil with garlic and salt, then cover the bottom of the skillet with water, cover, and let them simmer for 10 minutes. Don't overcook them but cook them well.

3) MORELS
Morchella esculenta

There are a bunch of different Morel species, all with the genus name Morella. There's yellow and black and Half-Free most commonly. The most distinctive thing about Morels are the way their cap attaches to the top of the stalk, rather than draping down over the stalk. If you cut it lengthwise it would be one hollow shaft. There is a false morel that can make you sick that is like an umbrella. The skin of the cap is ridged and pitted, with ridges connecting both horizontally and vertically. This is a truly useful and sought after fungus. They aren't necessarily easy to find, but when you do you are lucky. They have many different habitats, but seem to prefer high elevations and places where forest fires happen. Apparently they are really rare in the Great Plains, the Gulf Coast, and the southwest desert. They appear as early as late spring in the southeast, and later in summer in the northeast and the northern mountain regions out west. We've eaten them in the northern rockies, and the southern appalachians. Sautee em up like any mushroom- they're pretty tender, but give them 10 minutes at least.

RED CLOVER *(Trifolium pratense)* There are several types of clover, but red clover has pinkish-magenta blossoms. It's a heavyweight nutritive that's best known for its "blood-building" and possible anti-cancer properties. Steep the blossoms for a yummy mild tasting daily brew.
YARROW *(Achillea millefolium)* This bitter herb is known to bring down fevers (by inducing sweating), and stop bleeding and toothaches. If you cut your finger, press yarrow leaves on the cut to stem profuse bleeding. It can draw out inflammations (in the case of boils or pimples) when used as a skin wash (the tea) or a poultice (crushed fresh leaves applied directly). Once I had a painful toothache from a wisdom tooth coming in. that lasted for a couple weeks. I tried all the different commercial tinctures I could grab and nothing would work. Then one day I was working in the garden admiring the beautiful yarrow plants everywhere and remembered their medicinal value. I chewed on the fresh green leaves and flowers and within 5 minutes the pain was gone and didn't come back.
MULLEIN *(Verbascum thapsus)* This is an incredibly distinctive plant. It often grows 4 or 5 feet tall, in sunny places like roadsides, fields and woods edges. It's soft velvety leaves have earned it the reputation of "nature's toilet paper". Try it as a menstrual pad! People smoke it dried and cut with tobacco or other herbs, to help decongest the lungs. It's also used as a tea for this purpose. Its mucillagenous quality makes it handy for soothing internal irritations and inflammations (sore throat and lungs, coughing, diarrhea). It's often used with garlic oil as an earache soother. Dead Mullein stalks can also make great arrow shafts if they are straight enough or can be straightened. They are also said to make good hand drills for starting fires.
JEWELWEED *(Impatiens pallida)* Jewelweed is probably the best remedy for poison Ivy, which is convenient because it often grows near bye or along with poison Ivy. Just chew the leaves and stems into a paste and apply to the afflicted area. Jewelweed can help prevent poison ivy outbreaks and is a good remedy for most skin ailments. Young Jewelweed shoots and leaves can be boiled and eaten raw in small quantities in the spring.

WILD PLANTS BOOKS

Peterson's Guide to Edible Plants
Peterson's Guide to Medicinal Plants
Tom Brown's Guide to Wild, Edible and Medicinal Plants
Field Guide to Edible Wild Plants – Bradford Angier
Botany In A Day – Thomas Elpel
Identifying and Harvesting Edible and Wild Medicinal Plants, In Wild (and not so wild) Places – Steve Brill
The Wild Vegetarian Cookbook – Steve Brill

WILD PLANTS WEB SITES:

http://teas-herbals.com/wild_weeds_nutrition_table.htm
http://www.wildmanstevebrill.com
http://www.wildroots.com/wildfoods/wwwboard.shtml
http://community-2.webtv.net/Taimloyd/FORAGINGTHEEDIBLE/
http://dmoz.org/Home/Cooking/Wild_Foods/
http://www.naturenode.com/recipes/recipes.html

WILD FOOD WORKSHOPS/SCHOOLS:

OREGON, Wild Food Adventures - http://www.wildfoodadventures.com/primer.html
NYC - http://www.wildmanstevebrill.com
MONTANA, Hollowtop Outdoor School - http://www.hollowtop.com/pls.htm
WISCONSIN, Teaching Drum Outdoor School - http://hosting.newnorth.net/tdrums2/

HERBAL MEDICINE BOOKS & WEBSITES:

Rosemary Gladstar's "*Family Herbal*", or any other of her books
David Hoffman's "*The New Holistic Herbal*"
Michael Moore's "*Medicinal Plants of the West*"
Tom Brown's *Field Guide to Edible and Medicinal Plants*
http://www.essortment.com/in/Health.Alternative/
http://www.cure-zone.org
http://www.botanical.com/botanical/mgmh/mgmh.html

WHITEY'S FOOD IS POISON

In the summer of 1933, [we made] contact with large bands of Indians who had come out of the Pelly mountain country to exchange their furs at the last outpost of the Hudson Bay Company. . . they have remained as nomadic wandering tribes following the moose and caribou herds in the necessary search to obtain foods.

The rigorous winters reach seventy degrees below zero. This precludes the possibility of maintaining dairy animals or growing seed cereals or fruits. The diet of these Indians is almost entirely limited to the wild animals of the chase. This made a study of them exceedingly important. The wisdom of these people regarding Nature's laws and their skill in adapting themselves to the rigorous climate and very limited variety of foods, and these often very hard to obtain, have developed a skill in the art of living comfortably with rugged Nature that has been approached by few other tribes in the world. The sense of honor among these tribes is so strong that practically all cabins, temporarily unoccupied due to the absence of the Indians on their hunting trip, were entirely unprotected by locks; and the valuables belonging to the Indians were left in plain sight . . . .The condition of the teeth, and the shape of the dental arches and the facial form, were superb. Indeed, in several groups examined not a single tooth was found that had ever been attacked by tooth decay. . . . Careful inquiry regarding the presence of arthritis was made in the more isolated groups. We neither saw nor heard of a case in the isolated groups. However, at the point of contact with the foods of modern civilization many cases were found including ten bed-ridden cripples in a series of about twenty Indian homes. Some other affections made their appearance here, particularly tuberculosis which was taking a very severe toll of the children who had been born at this center. . . . The suffering from tooth decay was tragic. There were no dentists, no doctors available within hundreds of miles to relieve suffering.

The physiques of the Indians of the far north who are still living in their isolated locations and in accordance with their accumulated wisdom were superb. There were practically no irregular teeth including no impacted third molars, as evidenced by the fact that all individuals old enough to have the molars erupted had them standing in position and functioning normally for mastication. . . . Where the Indians were using the white man's food tooth decay was very severe. . . . In the new generation, after meeting the white civilization and using his foods, many developed crooked teeth, so-called, with deformed dental arches. Weston Price, DDS *Nutrition and Physical Degeneration*

Traditional food may ease diabetes epidemic among American Indians

By Dan Gunderson
Minnesota Public Radio
December 21, 2001

Nearly 40 percent of American Indians in Minnesota will get diabetes. They are also more likely to suffer serious side effects. On the White Earth Reservation, a pilot project is trying to reduce the effects of diabetes by bringing back a diet based on traditional native foods.

Eighty-three-year-old Margaret Smith doesn't have time to sit and talk. She has a van full of food to deliver to homes scattered across the northern Minnesota reservation.

83-year-old Margaret Smith is the catalyst behind the mino mtjiim, or good food, program.
(MPR Photo/Dan Gunderson)

Smith found her diabetes was much easier to control when she ate a traditional diet that included wild rice and hominy corn. She set out to convince others to change their diets.

"I just had to go and find these people myself," said Smith. "I'd go to one place and they'd say, so and so is diabetic too. So that's how I found everybody. I found 175 people."

Smith is the catalyst and engine for this project. She drives hundreds of miles delivering 175 sacks of food every month to elders with diabetes. The deliveries take about two weeks. She makes the 175 jars of jam that are part of each month's food package.

She also has to face treacherous roads and occasionally inhospitable dogs.

Margaret Smith delivers 175 bags of food each month. She also makes the 175 jars of jam that are part of the food package. Other foods are buffalo, wild rice, hominy corn, maple syrup and coffee.
(MPR Photo/Dan Gunderson)

At one stop an elderly man chases the dogs away and helps Smith pack another sack of buffalo meat, wild rice, hominy corn, jam, maple syrup and fresh roasted coffee.

"It's a real good program." said Harry. "We eat a lot of hominy, we eat a lot of wild rice. We drink a lot of coffee too. It's really good, too. We love that maple syrup, too."

Harry said his wife is diabetic. He thinks traditional native foods help keep her healthy.

As she drives across the northern Minnesota reservation, Smith talks about the toll diabetes takes on Indian people. She can think of ten people who have succumbed to the disease in recent months. Dozens suffer from serious complications. Margaret Smith remembers growing up in a time when diabetes was not a serious health issue.

Entomophagy – the study of insects as food, and a growing movement among primitive-skills and bug enthusiasts.

INSECTS – A forgotten delicacy

Most people in North America will quiver at the thought of eating bugs. Infact even some survival guides mention eating bugs as "the unthinkable". But in spite of this blatant specieism, everyone who's ever eaten anything (including the strictest vegan) has unintentionally eaten millions of insects.

Insects are infact a very nutritious food source. They are high in fat, protein, and many other vitamins, including B12. That is part of the reason why indigenous people around the world seek out these abundant food sources. They have served as traditional foods in most cultures of non-European origin and have played an important role in the history of human nutrition not only in North America, but in Africa, Asia and Latin America. And for those of us modern feral folk who have gotten past the mental block of cultural conditioning, we have discovered that insects are not only nutritious but can also be very tasty. But don't go out eating everything you see - some are poisonous or can cause allergies, although we haven't found any information about this. Remove the shells of adult beetles, and cook all hard-shelled bugs to kill parasites. They say to avoid most brightly colored insects, but still some such as the tomato worm are perfectly edible. I would suggest researching this subject more, but here is a list of edible bugs that I have tried and how you can prepare them:

Grasshoppers and Crickets – if you have the patience to catch them! Like all hard-shelled insects you should cook them to kill any parasites, and you may want to remove the wings and legs. I have found they are best roasted in a pan or over a fire shish-kebob style. (kill them first if you can- and they can hop around even with their heads off). They are surprisingly tasty and filling- they taste something like popcorn. Crickets are incredibly high in calcium and potassium. (see: http://www.ent.iastate.edu/misc/insectnutrition.html)

Ants and their eggs – one of the best wilderness foods I have ever eaten! The large black carpenter ants are the choice ones to go for. All ant eggs are edible and can be eaten raw or cooked. The carpenter ant's eggs taste a lot like grains when boiled, and taste like eggs when roasted. I hear that small ant eggs can be eaten raw and taste like couscous, but the only time I tried this it tasted like a hundred ants biting my tongue (there were live ants on the eggs too). If you're cooking the eggs you can add the ants right in there with them. I wouldn't suggest eating fire ants, but then again I've never tried too, and the chemical that causes the burning sensation may cook out. (let us know if you try this).

RollyPollies, or Pill Bugs – Rolly Pollies are actually a crustacean and not an insect (just think of them as land shrimp). They can be roasted whole and taste a little like popcorn.

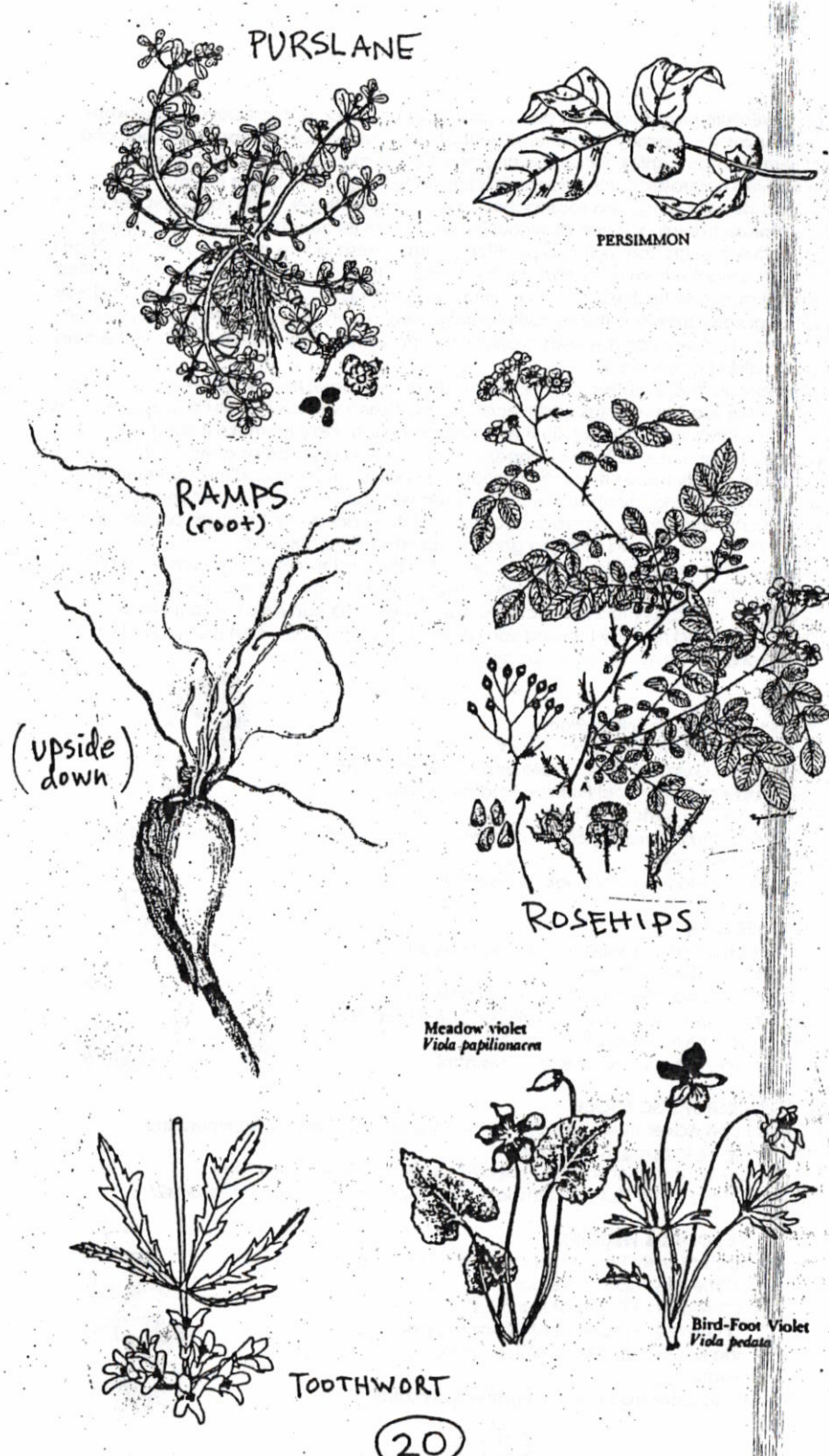
Grubs (Beetle Larvae) – All beetle larvae can be eaten raw – they taste kind of fishy. They can be added to soups, stews and stir frys. They can also be roasted, after which these little fat-filled protein snacks taste a lot like popcorn.

Snails and Slugs (escargot) – Snails can be shelled (throw them in boiling water first) and sauteed with garlic (wild or cultivated), or added to soups. Slugs probably present the biggest challenge getting over the mental block. They can be prepared like snails only you don't have to shell them.

Earthworms – These subterranean squirmers are packed with soil minerals and microorganisms that simply can't be sustituted in our modern vegan diets. They can be eaten alive, added to stews, or dried in the sun on a hot rock, and then ground into a very nutritious flour, which can be used as a soup thickener, or cut with other flours and used in flatbreads or other baking.

Here are some others which I have either not tried yet or couldn't get over my own cultural conditioning enough to try:

Mealworms, (If you've ever eaten any grain product , you've already eaten them), Fly Larvae (maggots), cockroaches, mantids, praying mantis, termites, bee larvae, cicadas, katydids, tomato worms, caterpillars (avoid spiney and hairy ones), and dragonflies. There are also many other edible bugs which I have not heard of and have not tried. Try finding out the ones you can eat in your own bioregion. Check out www.food-insects.com



WILD MUSHROOMS

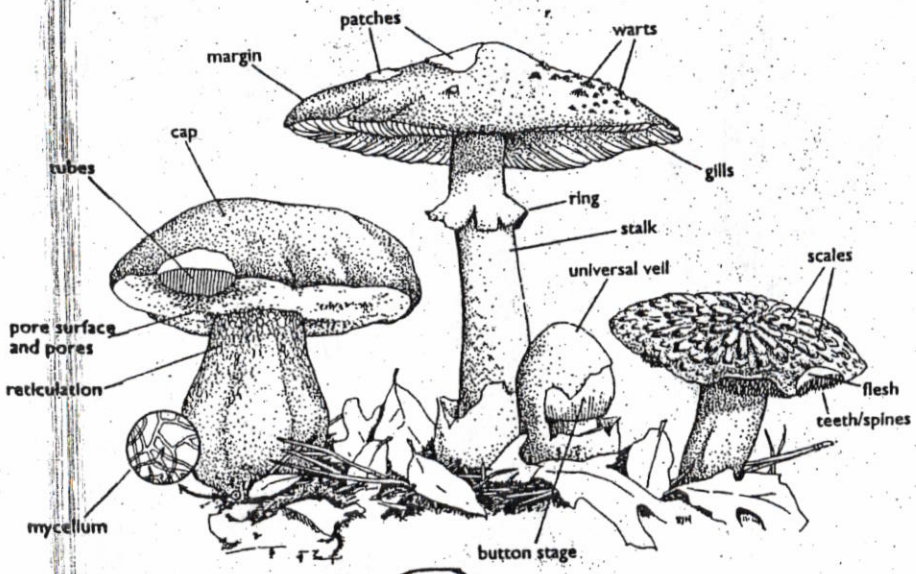
There is no doubt about it: to most people, the mention of eating wild mushrooms will conjure up images of a slow, painful death. In Western society there is a serious prejudice against wild mushrooms. While poisonous mushrooms are a definite reality, there are relatively few deadly poisonous species. Once you set out to learn edible mushrooms, you generally find that it's pretty easy to avoid getting poisoned. By no means should anyone EVER attempt to eat a wild mushroom without first positively identifying it and knowing its edibility.

Mushroom hunting is a key component of wild food foraging. They are so plentiful and many are delicious – you just need to know what you're doing. This doesn't mean you need to be able to identify every mushroom before you can start eating some. You can learn a dozen or so edible ones, and then keep learning more as you go. It seems intimidating at first because of the potential toxicity in the 'shroom world, but if you study and cross-reference you can become confident in your identification abilities in no time at all. Once you start eating a few different common kinds confidently, you will start figuring out how to identify the more rare species.

There are many wild mushroom field guides and I.D. books just waiting to be liberated from your nearest corporate bookstore before civilization collapses. If you aren't game for this method, you can order them from us at a discounted price (See inside back cover).

The information on mushrooms provided here is not meant to serve as a field guide, but to list a few common edible species that are easy for beginning hunters to I.D., and to give some tips on how to prepare them. We suggest you use several different field guides to actually identify them. Once you get the hang of mushroom I.D. you will discover a bountiful food source that you never imagined. The summer we first started hunting we went so fungi-crazy that we neglected all our regular wild plant foods. After a rainstorm we would comb the woods and every time we'd find at least one new edible mushroom, and discover many other beautiful non-edibles. Aside from being food and medicine, wild 'shrooms can help you build your foraging and identification skills. There's such a rich diversity of shapes and colors that the act of perusing the ID books to find their names is as fun and challenging as actually finding one to be edible. Their beauty demands your attention and encourages you to pay even closer attention to the details of your surroundings. Even without knowing what is edible, mushrooms can be enjoyed on a spiritual and aesthetic level. Just walking through the woods admiring these fungal flowers is almost as beneficial as eating them.

We are only going to list a few in this pamphlet, because they are the tastiest and most common in our experience. We recommend that you become so certain of these that you will never again walk past them wondering if they are edible.



REMOVING THE FUR

There are many ways to remove the fur, some of which may be harder or easier that the way we mention. If you are planning to remove the fur, it might help to scrape the flesh side against the grain of the fur when in the scraping process. Then you can simply scrape or "shave" off the fur on the furry side by using your scraper to work against the grain of the hair. This may take a while but it works and it's the only way we've ever done it.

BRAIN TANNING

Brain tanning will soften and waterproof the hide making it excellent material for clothing and blankets. Most of the tanning process is already complete once the rawhide is finished. Brain tanning can be done with or without the hair left on. We usually prefer to leave it on because we find the fur too beautiful to scrape off. Plus, you only have to work one side.

1) Simmer the brain with a ½ cup of water in a pot or can over a medium flame for a few minutes. Better yet, instead of just water use a tannic acid solution by making a tea out of dock root, oak bark, black walnuts and bark, or any other plant high in tannic acid. All hardwood bark can be used. (We've read that different plants can make the hide different colors, but we can't speak from experience on that.)
2) Mash the brain and solution into a paste and rub it into the flesh side of the rawhide (with your hands) until soaked through.
3) Now rub, stretch and beat the hide until it is soft and dry (This is gonna take a while). You might want to wear gloves cuz you could "tan your own hide", and from what we hear it really burns. If you don't use gloves be sure to wash your hands promtly.
4) Once the hide is dry, take it off the rack and smoke it over a smoldering fire to set the brain tan and cure the hide. This can be done by setting a tripod over a small fire and draping the hide over it. Add green sticks and maybe a little dirt to keep it smoky. You want smoke not heat. Turn the hide from time to time. The longer you smoke it, the better.
5) Lastly, buff the hide back and forth on a smooth pole or sapling like you are shining a shoe. When you're done it should be soft and pliable enough to make clothing and other items out of it.

CLEANING AND DRESSING BIRDS

Birds are a lot easier to prepare for cooking than mammals,
although most birds will be way too small to bother with.
Doves, pigeons and any larger birds can be quite a meal.

1) Pull all the feathers off (save them for crafts, arrows, or insulation)
2) Cut a hole from the anus to the breast plate and pull all of the innards out.
3) Cut or twist the head off and cut the feet off.
4) Clean it inside and out in a stream, pond, or with a hose or in a sink.

COOKING METHODS

Of course with the nature of roadkill you might have to be resourceful and work around damaged parts cuz parts of the body might be crushed or missing.

There are endless ways to cook roadkill, but the safest by far is boiling. We aren't going to go into primitive boiling methods, but there are some that we have yet to try, such as making a stone lined pit of water to which you add fire heated rocks one at a time until it boils, removing each rock as it cools.) There just isn't space for that information, but perhaps in future issues. We use cast iron dutch ovens.

Boiling will cook the meat more evenly and deeply, thus reducing the risk of any parasites or diseases staying alive in the meat. We usually boil the carcass whole or butchered in a large pot with water covering all the meat for about 30 minutes (or until the meat is brown and tender). Then we remove the carcass and let it cool. Save the water for soup stock. When the meat is cooked we pick it from the bones and add it to stir frys or combine it with the stock (and veggies) to make soup. A slow cooker or crockpot is useful too. Slow cook the meat in a marinade broth until its browned and falls off the bone, then pour in some source.

Another way to cook roadkill is on a spit over an open fire. To cook like this, shove a long stick (preferably green) through the hole where the anus used to be, up through the throat. Place both sides of the stick on a tripod or pile of rocks on both sides of the fire. Keep the carcass close to the heat of the fire but try to keep it out of the flames. If you cook it too fast or too hot it will char on the outside (potentially carcinogenic) and be undercooked on the inside. Marinate the raw meat in some mixture of tamari, oils (sesame or olive), vinegars, sweeteners, and spices overnight or for a few hours before cooking it. Cook the meat until it is brown and tender and evenly cooked on all sides. Think of it as a steak or BBQ chicken. Mix up some barbeque sauce (The Farm cookbook has a good recipes) and slather it on the meat periodically as it cooks.

As far as cooking with roadkill meat, go find *The Joy of Cooking* or some equally conventional cookbook, especially southern or country-style. You'll find basic preparation recipes for venison steaks or baked squirrel. You may need to jog your memory on cooking steaks and Chili con carne, but you may find that you've really been missing it all these years. Another benefit of an occasional carnivorous feast is that it gives you a shot of Vitamin B12, which is something hard to come by without animals in your diet. It's also a complete protein, and when included in your diet you don't need to follow the typical vegetarian nutrition rules of food combining so strictly. This is not to say meat is appropriate for everyone, or that it's at all healthful on it's own (like the typical western diet encourages). There is one vital nutritional element that animal products lack entirely: fiber. And that is what the plant world is all about.

That [the Indians] had knowledge of the use of different organs and tissues of the animals for providing a defense against certain of the affections of the body, which we speak of as degenerative diseases, was surprising. When I asked an old Indian, through an interpreter, why the Indians did not get scurvy, he replied promptly that that was a white man's disease. I asked whether it was possible for the Indians to get scurvy. He replied that it was, but said that the Indians know how to prevent it and the white man does not. When asked why he did not tell the white man how, his reply was that the white man knew too much to ask the Indian anything. I then asked him if he would tell me. He said he would if the chief said he might. He went to see the chief and returned in about an hour, saying that the chief said he could tell me because I was a friend of the Indians and had come to tell the Indians not to eat the food in the white man's store. He took me by the hand and led me to a log where we both sat down. He then described how when the Indian kills a moose he opens it up and at the back of the moose just above the kidney there are what he described as two small balls in the fat. These he said the Indian would take and cut up into as many pieces as there were little and big Indians in the family and each one would eat his piece. They would eat also the wall of the second stomach. By eating these parts of the animal the Indians would keep free from scurvy, which is due to the lack of vitamin C. The Indians were getting vitamin C from the adrenal glands and organs. Modern science has very recently discovered that the adrenal glands are the richest source of vitamin C in all animal or plant tissues. Weston Price, DDS *Nutrition and Physical Degeneration*

GAME

Game is not usually considered a health food but it should be. The meat of game animals like deer, caribou, buffalo and elk, and of game birds like wild duck, goose, pheasant and quail is particularly rich in minerals and many other valuable nutrients.

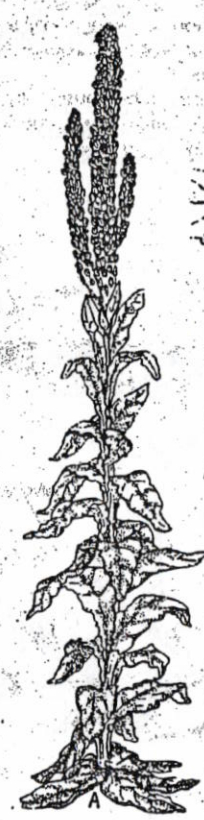
One common misconception is that the fat from game animals is lower in saturated fat than fat from domesticated animals. Ruminant animals—whether domestic ruminants, such as cattle, goats and sheep, or wild ruminants, such as deer, caribou, buffalo and elk—contain special bacteria and protozoa in their intestinal tracts that do a very efficient job of turning largely unsaturated fats and carbohydrates from plant foods into saturated and monounsaturated fats. The amount of saturated fat in various ruminant animals varies only slightly, whether they consume grains or wild grasses. Buffalo fat is actually more saturated than beef fat! Only about 4% of the adipose fat of all ruminants is polyunsaturated. There may be slightly more omega-3 fatty acids in wild game compared to domestic beef, but the difference is too small to be of significance.

Another misconception is that game meat is lean and that primitive peoples therefore had a lowfat diet. Actually, the hunter-gatherer hunted animals selectively. He preferred older male animals because they had an accumulated slab of fat along the back which, in larger animals, could weigh as much as 40 or 50 pounds. He also consumed the marrow, which is rich in monounsaturated fats, and used the highly saturated cavity fat to make pemmican and similar preparations. (If you are a hunter, you should save this fat and use it in cooking.) Small animals like beaver were also a very rich source of fat for hunter-gatherers.

It is true, however, that most game meat is not marbled like beef and lamb and may, therefore, be very tough. This difficulty can be overcome with proper preparation and cooking. Game should "hang" or be aged for as long as possible in a cool, dry place to allow cathepsin, an enzyme naturally present in meat, to begin breaking down muscle fibers; and in most cases, game meat should be marinated for at least several hours, and as long as 48 hours, before it is cooked. If you take care in the preliminaries, your final dish will be flavorful and tender. You may also add cream or other fat to the sauce, to compensate for the leanness of the meat.

If you are lucky enough to have a hunter in your family, or if you have access to fresh game through a meat wholesaler or your local butcher, do take advantage of your good fortune and serve healthful game to your family as often as possible.

A note to hunters: If it is possible to save the organ meats of your deer, elk, etc., by all means do so. (They must be chilled down quickly.) The liver and kidneys may be prepared according to the recipes in our chapter on organ meats. Antlers and feet, cut up and added to your stock pot, will give you a very rich broth.



About 20 years ago, the Paiute Indians won a dispute with the U.S. Forest Service in California as to whether the caterpillars (a traditional food of the Paiute) would be harvested or sprayed.

cognoscenti of real Mexican food are seeking out restaurants that serve unadulterated, un-Europeanized food from Central America and Mexico. Pre-Hispanic or pre-Columbian food it's called, the kinds of dishes Mexicans ate before the region was subdued by the Spanish. Worms [read insect larvae], cooked or live, are a big part of pre-Hispanic cuisine, and eating them has become a rite of passage for those who would be intimate with the Mexican past."

Author Dick Reavis

Edwin Bryant (circa 1848) provided one of the few assessments of grasshopper palatability by a white. following an encounter with Utah Indians, an occasion when three women appeared, "_bringing baskets containing a substance, which, upon examination, we ascertained to be service-berries, crushed to a jam and mixed with pulverized grasshoppers. This composition being dried in the sun until it becomes hard, is what may be called the 'fruitcake' of these poor children of the desert. No doubt these women regarded it as one of the most acceptable offerings they could make to us. We purchased all they brought with them, paying them in darning needles and other small articles, with which they were much pleased. The prejudice against the grasshopper 'fruitcake' was strong at first, but it soon wore off, and none of the delicacy was thrown away or lost .... After being killed, they [the grasshoppers] are baked before the fire or dried in the sun, and then pulverized between smooth stones. Prejudice aside, I have tasted what are called delicacies, less agree able to the palate."

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"They begin by digging a hole, ten or twelve feet in diameter by four or five deep; then, armed with long branches of artemisia, they surround a field of four or five acres, more or less, according to the number of persons who are engaged in it. They stand about twenty feet apart, and their whole work is to beat the ground, so as to frighten up the grasshoppers and make them bound forward. They chase them toward the centre by degrees--that is, into the hole prepared for their reception., Their number is so consider able that frequently three or four acres furnish grasshoppers sufficient to fill the reservoir or hole."

H. M. Chittenden and A. D. Richardson, in their account of the life and travels of the French missionary, Father Pierre-Jean De Smet, describing the "surround" hunting method used in a Shoshoco grasshopper hunt (circa 1850)

BOOKS

Man Eating Bugs - The Art and Science of Eating Insects
by Peter Menzel & Faith D'Aluisio

Creepy Crawly Cuisine - The Gourmet Guide to Edible Insects
by Julieta Ramos-Elorduy, Ph.D.

The Eat-A-Bug Cookbook - 33 ways to cook grasshoppers, ants, water bugs, spiders, centipedes, and their kin by David George Gordon

To you the earth yields her fruit,
and you shall not want if you but
know how to fill your hands.

—KAHLIL GIBRAN, *The Prophet*

PURSLANE *(Portulaca oleracea)*
Spring and Summer-Leaves, Stems, Flowers, Seeds
Supposedly, purslane has the highest content of Omega-3 essential oils in the vegetable world. It's a hearty ground-trailing green with succulent leaves, and it can grow incredibly prolifically. It's a typical "garden weed" (uncultivated veggie). Like many plants, pick the leafy tops of the plant, preventing the flower from forming, and it will keep growing leaves. Steam it lightly or stir-fry it, or cook it into a soup, or blend it into a pesto.

PERSIMMON *(Diospyros virginiana)* **Fall - Fruits**
If you can find ripe ones that aren't rotting on the ground (or already devoured by other animals), you are in for a treat. They should be soft and turning pinkish-purple – in our experience. But there are different species - some cultivated from Asia that look different from the native one. The fruit doesn't really ripen until the first frost, at which point the ripest ones fall, so you have to be checking often to find ones on the ground that are intact. There's a bunch of big seeds inside, and unless you have a fruit strainer (a mesh strainer might work) you'll have to just take bites and sort the seeds from the pulp in your mouth. If you can strain the seeds and just get a bunch of pulp, you can make any sweet treat that you'd use bananas or peaches in.

RAMPS/WILD LEEKS *(Allium tricoccum)* **Spring - leaves All year - bulb**
You are so lucky if you find ramps. In the Southern Appalachian mountains, ramps are an early spring hillbilly delicacy. Supposedly, in the old days the poor kids or "ramp eaters" had to sit in the back of the classroom. If you are finding wild foods bland, ramps are you salvation. Use em like garlic or shallots or steam the leafy greens. They're small, but you can sautee them just chopped coarsely, or puree them in a blender for pesto, or drop em whole in a soup. They can really have a bite if you eat them raw, but in the woods it can be warming and stimulating to just chomp on em. In some areas where they are not so abundant, we suggest eating only the greens and leaving the bulbs so they may reproduce. You can also add ramp flowers to salads in mid summer for a garlicky, spicy flavor but harvest these sparingly for they produce the seed which will grow the future harvest of ramps

ROSEHIPS *(Rosa spp)* **Fall - fruit**
These are a Vitamin C powerhouse. You can pick them when bright red and a little hard in the fall, and simmer them for tea (chopped up), or dry them out and store em for those dreary winter days. The softer ones are great for munching the goo inside, or straining the seeds and making rosehip jam. Seeding the hips is a pain. It's easier if you dry them first. Then when you get the seeds out, reconstitute them in water before grinding them into a puree, adding sweetner, (maple syrup preferably), and storing it (frozen or canned) or just using it up.

TOOTHWORT *(Cardamine spp.)* **Spring and Fall - Whole plant**
Found mostly in the wild in spring and fall. Tastes like Wasabi. Use the leaves to flavor foods, or dry and powder the root and use like wasabi.

VIOLET *(Viola spp.)* **Spring and Fall - Leaves and flowers**
A dependable early spring green, violets are best when very young. There are many varieties, but the most common is the Meadow, or Common Blue. All violet species' flowers and leaves are edible. The Common Blue violet has blue flowers. The leaves are commonly thrown in with nettles, dandelions, sorrel and any other early spring greens, for a spring tonic, as "potherbs". In which everything is drunken and eaten. Caution: Most members of the violet family are edible, however some yellow species can have a mild cathartic affect.

MEDICINALS

there are MANY others worthy of listing here, but we decided to provide a sampling of some of our favorites.

HEMLOCK TREE *(Tsuga canadensis)* Not to be confused with poison hemlock VERY high in Vitamin C. The tea has a lovely, refreshing taste, and is high in astringent tannins. Similarly to oak, the tea can be used to clear up diarrhea or swollen gums. Use Pine and Fir needles the same. Supposedly the inner bark can be dried and pounded into a flour. Hemlock can also be enjoyed as refreshing tea, just make milder tea than you would for medicine.

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WILD PLANT FORAGING

Wild plants are more abundant and diverse in rural and wild areas, but a surprising amount grow in urban areas. This is especially true for escaped and feral garden plants, and herbs, fruit and nut trees planted intentionally by the city or guerilla gardeners. Sometimes you'll even see edible landscapes planted intentionally by local nonprofit groups, as is the case in asheville, nc, where an "edible park" is maintained by volunteers on city land.

Some wild plants are used primarily as food, but others are both food and medicine, and still others are used as medicine only. We are including all of these uses in our listing, and trying to stick to what we have used before. To save space and avoid simply reprinting information we've gleaned from books, we will include major details about the plants, leaving the identification up to you. We recommend getting several field guides (easily foraged at your local health food/bookstore pre-collapse). We'll also list some references to web sites and books you can use to find out more.

For those who don't know, when making a tea from a wild food, its very important to use to correct method to get the full benefits. All leafy plants should be STEEPED (not boiled!). Pour boiling water over the plant (either dried or fresh, but if dried you will want to use twice the amount of plant as you would fresh for the same amount of water) in a jar or pot, cover it and let it sit for at least 15 minutes, but if you're using it medicinally, leaving it overnight will result in a powerful brew. For roots and seeds, simmer it for 20-30 minutes. Experiment with proportions until you get a strong tasting brew.

If cooking a plant, refer to the information we give, but also research more methods using the books and web sites we list below. In general, cook leaves like you would spinich or kale, and cook roots and nuts like you would carrots or almonds.

DIGGIN' ROOTS...

Fig. 47. Digging wild onions with a digging stick

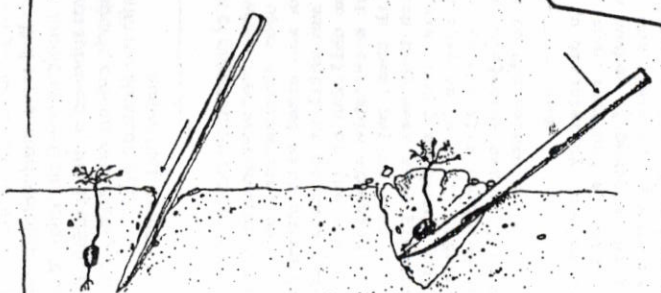
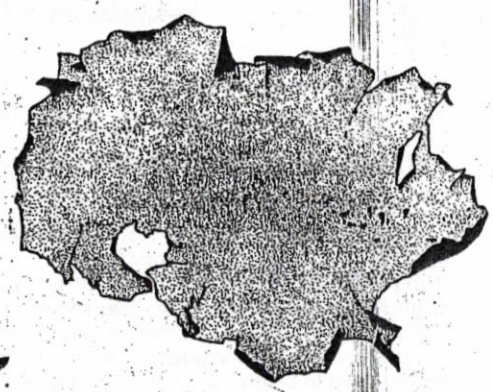
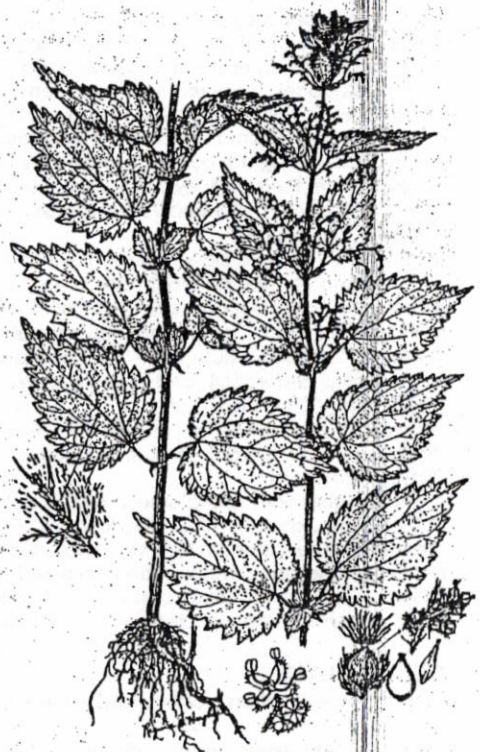


Fig. 48. Proper use of digging stick





DOCK *(Rumex spp)*. (Curly Dock, Red Dock, Yellow Dock, Sour Dock,etc.)

Spring and Fall - Leaves

Dock has a lot of the same properties as dandelion in its effect on the liver and digestion. You can eat the leaves the same way, and they too are quite bitter (although less so in the spring). The leaves are traditionally eaten as a "potherb" (simmered and eaten along with the cooking water, or "pot liquer") in the spring, along with dandelion and nettles. The heavy dose of green energy is considered to jump start the digestive organs. The root is considered very medicinal as a liver tonic, and is often reccomended for skin problems like acne, psoriasis and excema (which are considered to indicate compromised liver function).

ROCK TRIPE *(Umbilicaria)* **All year where available**

This is a hearty and unique lichen that is indispensible to the forager in cold seasons, because it grows all year. We haven't found any exact information on the nutrition of rock tripe except that it is high in vitamins, minerals, and starches, but as it grown on rocks we imagine its at least full of minerals. Peel it off the rocks. It should be cleaned and soaked in one or more changes of water to remove the purgative and bitter qualities - the longer the better. Then it can be eaten as an emergency food when cooking preparations are unavailable. To cook it pour off the soaking water and add new water. It can then be cooked until soft in 1 or 2 changes of water, in which it's food value changes from a survival food to a potential delicacy. Then use it in any recipe, kind of like a seaweed. Sautee it with garlic and onions, or layer it in lasagne. It doesn't have much of a flavor but absorbs flavor very well, I like to call it "Tofu of the Woods." Early arctic explorers, Canadian voyagers, and trappers lived on it for months without hardly any change in diet.

LAMB'S QUARTERS *(Chenopodium album)*

Spring/Summer-Leaves **Fall -seeds**

Apparently, this is **THE MOST nutritious green** – moreso than ANY GARDEN plant. High in iron and calcium, lamb's quarters is truly a blessing for the forager. Another European escapee, it grown easily in gardens, waysides, urban parks, woods edges, and fields. It's tender when it first comes up, but as it gets older and tougher, you can just treat it more like a hearty green- like collards or kale. It's a good idea to at least steam lamb's quarters, because it has oxalic acid in it which binds to nutrients unless it's deactivated by light cooking. The same is true for spinach, sorrel, and several other similar plants. Cook it like a green, or mix it into any dish – lasagna, for example. Another interesting use of this plant is to let it mature and when ripe in the fall, harvest the tiny black seeds by shaking the reddish plumes into a bowl. Then cook it up into a porridge. It's much like quinoa or amaranth in this respect. Put some of those seeds aside to sprinkle around your house, neighborhood, or any urban area. But be wary about eating it from extremely polluted ground- especially post-pesticides, because it can store the toxins in its leaves.

NETTLES *(Urtica dioica)* **Spring/Early Summer - Leaves**

Use the leaves either steeped and drank as tea, or steamed/sauteed/stewed- or both! Nettles' high level of minerals makes it a great **blood-building and blood purifying herb**, working as a **liver tonic**, and in turn, **Eczema/psoriasis** remedy (along with other liver tonics like burdock and dandelion root). Its used primarily to treat **Anemia**, due to its extremely high iron content. Another major use is for **pollen allergies** (in its freeze-dried form only, which Eclectic Institute makes). Nettle is supportive in blood sugar problems, Adrenal exhaustion, chronic bronchitis, **urinary tract infections** and irritation (due to its diuretic effects) and fatigue/weakness, and helps build connective tissue. Folk medicine swears by the stinging effect of nettle as a topical remedy to **relieve arthritis and rheumatism**, and studies have shown that internally, it reduces uric acid, which triggers such joint pain. German researchers are using nettle root extracts for **prostate cancer**, and Russian scientists are experimenting with nettle leaf tincture for **hepatitis and gall bladder inflammation.**

Many of the benefits are due to the plant's very high levels of minerals, especially calcium, magnesium, iron, potassium, phosphorous, manganese, silica, iodine, silicon, sodium, and sulfur. They also provide chlorophyll and tannin, and they're a good source of vitamin C, beta-carotene, and B complex vitamins. Nettles also have high levels of easily absorbable amino acids. **They're ten percent protein, more than any other vegetable.**

Eating nettles or drinking the tea makes your hair brighter, thicker and shinier. Nettles' long, fibrous stems were important in Europe for weaving, cloth-making, cordage, and even paper. Native Americans used them for embroidery, fish nets, and other crafts. You can even extract a yellow die from the roots.

ACORNS (OAKS) *(Quercus spp.)* **Fall/Winter - Acorns**

The Celtic word for Oak is "Duir", which also means both "protection" and "druid". The Druids worshipped oaks for its many uses, and in English, "duir" became "door" which was protective and made of oak.

Oaks once provided a heathful staple food for people around the world. Acorns were widely eaten in Asia, North Africa, the Middle East, Europe and North America not too long ago. For many of the native Californians, acorns made up half of the diet, and the annual harvest probably exceeded the current California sweet corn harvest, of 60,000 tons. In Spain and Italy acorns provided 20 percent of the diet of many people just before the turn of the Century. Now in the age of fast food, where sugary poisons are considered food, acorns are ignored, and most people probably do not even realize their edibility.

There are many varieties of oaks, both native and introduced, scattered throughout North America. They all produce edible acorns. Since there are so many species (500 globally) and subspecies of oaks, (many of which cross-breed), identification of exact species can be difficult. Fortunately, oaks can be generally classified into two distinct categories: White and Red. WHITE OAKS are easy to identify by their blunt, rounded and/or wavy leaves (remember: white=wavy). Bur and Chestnut Oaks are considered in this category. RED OAKS are recognized by their sharp, pointed-edged leaves.

All Oaks are edible and can be eaten green or brown, and sprouted. White and Pin oaks can be eaten raw, but leaching them removes some of the bitter tannins (aka Tannic Acid). Red Oaks and most others will definitely need to be leached, as they contain higher levels of tannins. White Oaks are abundant in the eastern part of North America, but apparently not in the West. The California Indians used at least 11 different species of Oaks, and generally leached them all.

Acorns can be gathered starting in early fall off the ground, and they usually continue falling through the fall and into the winter. Look up to find a white oak and try and gather from underneath it. If Red and White oaks are next to each other you might try identifying two differently shaped acorns on the ground, and taste testing for the less bitter one. Some years produce more acorns than others, and some areas have less oaks than others (and in California a blight is threatening to wipe them out), so consider other animals that survive on acorns when you decide how much to gather. There's usually more than enough to go around, and you may even consider doing like the squirrels do, and replanting some acorns for future generations. Some old timers in our region say that when the white oaks drop an excessive amount of Acorns its going to be a cold, rough winter, which I take to be an example of mutual co-operation in nature. When it's going to be a hard winter, squirrels will need extra calories to make it through. Thus the oaks drop more acorns and the squirrels plant more oaks through making caches of acorns in return.

PREPARING ACORNS

First you need to get the shells off the nuts. They are relatively easy to shell with your teeth and fingernails, but when dealing with a large number you may want to call an acorn-shelling party. Don't leave the shelled nuts too long before using them because they WILL mold. You can put them in the freezer if you have to store them. When shelling the acorns, you may find another critter that feeds on them has gotten to them first. These beetle larvae (grubs) will infest the acorns faster when they've been on the ground for a while or sitting in a basket, so don't leave them too long before you shell them. Acorns with tiny holes in the shell means a grub has gotten inside and probably eaten the nut away, but not always. And anyhow, the grubs are edible too! (see insects section)

"Certain ancient trees (mostly oaks) were sacred to the pagans. We know little about why they were held sacred, only that they seem to have been rallying points for the pagan resistance to the invading Christian powers. Wherever the church and its Kings and barons gained force, these holy trees were forcibly cut down."

from the book, "When Santa Was a Shaman"

LEACHING THE TANNINS

Leaching can be done several ways. Chop or crush the acorns into small pieces and place in a sock or pillowcase and place them in a clean running creek or river. White oak acorns should be left for a day to a week, and Reds for 3 days to 3 weeks. Taste them periodically until they aren't getting any less bitter. Another way is to boil the crushed acorns in several changes of water (up to 8 for Reds) or just one or two (for Whites).

Make sure that the next change of water is already boiling because putting the acorns from hot to cold water will set the tannins. The water should eventually boil clear or much lighter, and you can taste-test them too. Don't expect them to be completely free of bitterness. When you roast them the bitterness changes into a sweet, nutty flavor. Although we've never tried it, we read that boiling the acorns with wood ash (lye) neutralizes the tannins.

COOKING WITH ACORNS

Now the acorns can be dried in the sun or by roasting them on a cookie sheet in a low heat oven (about 200 degrees) until light brown. They can then be ground into flour to use in baking (usually cut with other flour since they are so low in gluten), or chopped smaller and boiled into a porridge for breakfast. *You can turn the oven up after they've dried out to toast them darker for use in a* ***coffee substitute*** *(to which you can add roasted dandelion and chicory root too).* The water from the leaching process is a highly astringent solution that can be used as a ***gargle*** for sore throats and toothaches, and to dry up diarrhea. It is also antiseptic, making it useful as a wash for skin abrasions, poison ivy rashes, and scrapes. The solution can also be used for tanning hides (See tanning section). Acorns contain antioxidant and antitumor properties, and one handful supposedly contains more nutritional value (in protein and fat) than a pound of hamburger. They're also high in Vitamin A, trace minerals, and essential amino acids. There is no doubt that for primitive people of the northern hemisphere, acorns have provided necessary energy and warmth through the harsh winters.

BURDOCK *(Arctium lappa)* **Spring-Leaves - Fall/Winter-Roots**

Similar liver tonic quality as dock and dandelion. You can drink a tea from the leaves but its pretty bitter. The young leave stalks can be peeled and eaten raw like a bitter celery or cooked. To harvest the roots, you have to use a shovel or digging stick and dig deep. Only the first year roots are tender enough to eat- harvest them before the plant starts to send up its flower stalk on the second year. Cook the roots like you would carrots, but they take even longer to soften, so cut em thin. They're great in miso soup or cut into slivers, simmered, and rolled in sushi. For a classic macrobiotic dish, slivers can also be sautee in toasted sesame or olive oil with onions, carrots and a pinch of sea salt. Add sea vegetables and tofu, and sautee with tamari for 20-30 minutes. Garnish with toasted sesame seeds.

CHICKWEED *(stellaria spp.)* **Spring and Fall - All parts above ground**

The best thing about this low-lying carpet-like plant is that it often grows during warm spells in the winter. It flowers in early spring and fall with tiny white 5 petaled flowers. One species is stalkless and another has a long stalk. Most species are great eaten raw, but there is one that is hairy (Mouse-ear) and so it's better when lightly steamed. You can chop chickweed into a salad, steam it, chop it and mix it raw into hot grain or beans, or drop it into a creamed or brothy/miso soup, letting it wilt in the hot water. It's great stuck in sandwiches or burritos as if it were sprouts. A popular wild/cultivated hybrid dish is chickweed pesto. Medicinally, chickweed is considered a laxative, as well as a decongestant and a soothing wash or salve for skin abrasions and chapped lips.

DANDELION *(Taraxacum officinale)*

Spring through fall (all year some places) - Whole plant

Both the roots and leaves can be used, but incase you don't know they are both VERY bitter. In eastern medicine the bitter taste is seen as essential to stimulating the gall bladder and tonifying the liver, thus maintaining proper digestion. The leaves are a natural diuretic (good for water retention/PMS, urinary irritation, etc) and can also be sauteed (with garlic and vinegar as well as apple juice to counteract the bitterness). The roots are an excellent liver tonic and are often roasted and powdered to make a drink similar to coffee (when sweetened). VERY high in iron, Vitamin A, and calcium.

DAY LILY *(Hemerocllis fulva)* **Spring and Summer - Shoots, Flowers, and Tubers**

In southern Appalachia, we have the Carolina Lily and the Turks Cap Lily, but the garden varieties grow feral in many places. Starting in early summer, lilies bloom one flower per day (which can be plucked and eaten raw or dried and used later). The roots are delicious and starchy and make a great potato substitute, and can be taken in late fall or winter if you can still find them.

BURDOCK ↑

CHICKWEED ↑

DAY LILY ↓

↑ DANDELION